

Woman's Page

How to Fight the High Cost of Living

Pay the Wife Help?—Go Back to Mother's Old Ways and Don't Be Too Proud to Do Your Own Marketing—Mind the Little Things—Small Savings Count—Six Good Recipes, Try Them.

GO BACK TO OLD WAYS.

"Editor Woman's Page: When I read of the high cost of living and as to how best to reduce it, my thoughts travel back to the time when our mothers (salt of the earth as they were) truly and firmly kept down the expenses with a strong and helping hand. At that time, twenty-five or thirty years ago, no good housewife was ashamed to put on a clean, white apron after her morning's work was done, take up her market basket, and sally forth to the corner grocery to do her own marketing and take her purchases home with her. I know of what I speak, for I was a corner grocery's wife. In those days women were happy to be served by a woman, for they knew that woman was in sympathy with their savings and would serve them with good judgment, being a housewife herself. Each woman brought her own bowl for her butter, knowing by so doing she would then get sixteen ounces of butter for one pound and not two ounces of wood and extra paper or fancy cartons in which the weight has shrunk considerably before it is sold. She also brought her jug for vinegar and always received four full quarts for one gallon, not paying extra for bottle, cork, and label. She also got sixteen ounces to each pound of starch, sugar, rice, oatmeal, etc. True, they were not put up in fancy packages or pretty bags. They were wrapped around with the good old brown paper 'straw'. But here is where the old fashioned woman was saving the pennies again. Then again she would see to it that that peck of potatoes, apples, or onions which went into her basket was pretty well 'heaped up'. She bought her coffee by the pound, not can, unground, knowing it was economy to grind it herself. Or she would buy green coffee and roast it herself, which was better. Her excellent bread and cakes, etc., were home baked, and the flour was taken from a 196-pound wooden barrel and was the only thing the grocer had to deliver and for which barrel she would receive 16 cents when empty.

"By the way, talking of sanitation, which is the most sanitary, the old fashioned wooden barrel or the up to date cloth sack, which is open to getting of vermin and dust entering through the meshes of the cloth? The housewife in those days did not know of those, wonderful choice cuts of meat which are so much in demand now, yet don't we sometimes long for the fine, wholesome steaks and roasts our mothers used to serve us with? A grocer then had usually one horse and one wagon, no order clerks or delivery boys, standing ready to deliver any package at the call of the ever ready telephone, for which the already overtaxed housewife must again pay the extra nickel. Today the horses, wagons, and extra help needed to convey those things to the homes of those who demand prompt delivery must be paid by the people at large and naturally we all must contribute to the payment thereof.

"My idea as to how to reduce the high cost of living is this: Let each woman go back to the old way of buying things herself in the old fashioned way. Why not make it a fun and gradually the much abused little man will fall in line and with him the corporations, who really were the first to 'soak' the consumers by abolishing all bulk goods and producing cartons from one to three ounces. Why not start a crusade against fraudulent weights in packages? I don't see any other way out of it.

MRS. L. R.

MAY THE WIFE HELP?
Marian Harlan writes to the woman who wants to help as follows:
"I show my old fashioned proclivities still further when I say that you should welcome children and devote yourself to them when they come. For my own part I have never seen reason to withdraw an utterance I made many years ago that the woman who fills full the professions of wifehood and motherhood has all that the ordinary human being should attempt.

At the same time I am not so retrogressive as not to see the justice of some of the arguments brought in favor of work on the part of the married woman. Only the other day I heard of an interesting case which illustrates my point.

"A woman with two children, a boy of twelve and a girl of ten, had accepted a position which took her away from home 2 until 5. The mother rose in time to get the breakfast, clear away the dishes and make the beds, with the assistance of the

boy and girl. They went to school taking a lunch with them. She and their father went to the office, the mother doing the marketing on the way and returning in the afternoon in time to start the dinner that was to be ready at 7. These children came home after school and studied or employed themselves until their mother arrived.

It was not an ideal condition, but the husband's income was slender, the boy and girl were determined to go to college, as friends of theirs were planning to do, and the mother decided that sooner than thwart them in this she would sacrifice the conventional home ideal for the sake of the good salary which would make their education possible. Of two undesirable courses she chose the least disadvantageous.

A like case is that of my correspondent whose letter supplies the text for my talk. She, too, wishes to earn the money which will educate her child, since the husband's means are not sufficient to do this. There is no reflection on the man's willingness or industry when she becomes a wage earner.

"The increased cost of living puts a strain upon most incomes that they are unfitted to meet. Especially this is true in the case of the great army of clerks and other workers in similar lines, whose salaries have not risen in anything like an adequate proportion to the growth in the expense of rent, food, and clothing. When a woman has a faculty for money making, a faculty which she proved before her marriage—what more natural than that she should turn it to account when she knows that its exercise will not only ease her husband's burden but give her children and herself benefits which will make for their improvement in every way?

Sometimes the way is made easier for her and her home by the presence of a relative—a mother, a sister, or an aunt—who can look after the house and the children during her absence—an absence which may render it possible for her to give the relative the shelter of her roof. In that event the sacrifice is less severe, although in any case the mother who has to leave her growing children to the care of even the tenderest relative pays a big interest on the money she earns.

"Even when there are no children in the home I confess to a regret when a newly made wife leaves her home to become a breadwinner. Part of my old fashioned peculiarities again, I dare say—but the theory that the married woman, whose husband should support her has no business to take to the street might otherwise be filled by a single girl who needs the job for herself or for others dependent upon her is too firmly grounded in my mental constitution for me to get rid of it easily, despite my perception of changed circumstances and conditions.

"Briefly, then, I may sum up my personal position by stating that I deprecate any necessity which forces a wife and mother out of the shelter of her home and into the ranks of the wage earners. Anybody almost may earn money, but for each family there is only one mother and if she leaves her post it remains empty.

RECIPES.

Beef Tongue in Jelly—Soak one-half box of gelatine five minutes in one-half cup of cold water. Let three and one-half cups of cold water, one sliced onion, an ounce of chopped leaf and stem of bay leaf, simmer half an hour. Add the gelatine and a teaspoon of Armour's extract of beef, and strain. Put a one-fourth inch layer of the jelly in a mould. Have trimmed, sliced, and chilled a tongue and lay the tongue on the jelly. Add more jelly, a little at a time until the tongue is in place, then fill the mould. Garnish with parsley—Miss Niven.

Oatmeal Hurry-Ups—Two cups each of flour and rolled oats, one-half cup of pure leaf lard, one-half teaspoon of sugar, and three teaspoons of baking powder. Mix together the dry ingredients and work into them the lard, adding enough sweet milk to make a soft dough; then drop by spoonfuls on greased tin and bake a golden brown—Mrs. Mathers.

Chicken Croquettes—Two cups of boned chicken, one and one-half tablespoons of butterline melted in saucepan, one tablespoon of flour and one cup of milk. Stir continually until it boils, and add one teaspoon each of poultry seasoning and salt, and one-half teaspoon of extract of beef. Break one egg and stir the sauce over it. Stir thoroughly and

make into croquettes of the proper size and set away to cool and harden. Fry in hot pure leaf lard and serve with peas—Mrs. Jackson.

Scrapie—Roll a butt or hock of ham until the meat will fall from the bone. Remove the meat and into the boiling liquid stir corn meal until it is the consistency of mush. Put the ham through the meat chopper and add to the corn meal mixture. Cook all together, stirring to prevent burning. When the mush is done, pour into a mold to cool. Slice and fry on griddle, browning both sides.—Mrs. A. R. C.

NUT CAKE.

Simply Delicious.
By Mrs. Janet McKenzie Hill, Editor of the Boston Cooking School magazine.

In giving this recipe, Mrs. Hill believes it to be one of the best all-around cake recipes it has been her good fortune to make. The simplicity and uniformity of good results will appeal to every housewife.

One-half cup butter; one one-half cups granulated sugar; 2-4 cup milk; 2 cups flour; 3 level teaspoons baking powder; 1 cup of nut meats chopped fine; whites of 4 eggs, beaten dry.

Sift flour and baking powder together, three times. Cream the butter, add the sugar; then alternately the milk and the flour mixture; lastly the whites of eggs and the nut meats. Bake in a sheet in a shallow pan thirty or forty minutes. When cool, cover with the icing and decorate with whole nut meats.

This is also an excellent white cake recipe when nuts are omitted. **Chocolate Icing.**
One cup granulated sugar, 1-2 ounce chocolate; white of 1 egg, beaten dry; 1-2 teaspoonful vanilla extract; 1-4 cup water.

Stir the sugar, chocolate and water until the mixture boils; cover and let boil three minutes. Uncover and let boil till when tested in cold water a soft ball may be formed; beat into the white of egg, then beat until cold, add vanilla.

Society

KAFFEE-KLATSCH.

The Episcopal musical Kaffee-Klatsch given at the Virginia Wednesday afternoon from 3 to 6 o'clock was a pronounced success, both socially and financially. The following matrons and maids were hostesses: Mrs. Cornelius Asbury Boyd, Mrs. Ralph F. Bristol, Mrs. Ovid M. Butler, Mrs. Ernest Christensen, Mrs. Homer Fenn, Mrs. Charles A. Henry, Mrs. Philip Warren Knisely, Mrs. Alexander R. McIntyre, Mrs. Felix Tate Moore, Mrs. Bleeker Wheeler, Miss Mary Abbott, Miss Inez Adams, Miss Davenport, Miss Hallett, Miss Marie Kelle, Miss Margaret Spargo, Miss Verna Tavey, and to their untiring efforts the success of the afternoon was due.

Miss Margaret Spargo, Miss Pamela Spargo and Mrs. R. E. Bristol assisted in receiving the guests on the first floor, while Mrs. Butler, Mrs. Knisely and Mrs. Wheeler assisted on the second floor. In the private dining room where refreshments were served, tall vases of American beauty roses lent their beauty and fragrance. On the round table a wooden shoe filled with red and white carnations resting on a cloth of red and white plaid damask, with dollies to match, and silver candelabra with red silk shades made a quaint picture.

Mrs. Felix Moore, Mrs. Bleeker Wheeler, Mrs. Charles A. Henry, Miss Davenport, Miss Whalen and Miss Hallett took turns at pouring. Miss Ethel Harmon and Miss Mattie Wattis, dressed as gypsies, told fortunes. Miss Wattis reading palms, while Miss Harmon told the mysteries of the future by cards.

Punch was served during the afternoon, while a most delightful musical was given by some of the best local artists. Mrs. Charles H. Stevens sang "Because I Love You," by C. B. Hawley, and for an encore gave "I Love You Truly," by Carrie Jacobs Bond. Miss Lillian Wright gave two difficult instrumental numbers which were thoroughly enjoyed—Chopin's "Valse in A flat" and "To Spring," by Grieg. Mrs. E. V. Shurtliff sang "Were I a Bird" and "Phyllis," receiving an enthusiastic encore, and responded with "Lift Thine Eyes." Miss Carrie Brown's rendition of "Nenia," by Sganabati, and "The Riddle of Spring," by Sinding, was in her usual style and technique. Miss Genevieve Malone and Miss Loretta Malone furnished entrancing violin and piano numbers throughout the afternoon.

Miss Margaret Budlong recited "A Boat Race Contest Between Yale and Harvard," which was one of the most delightful of the afternoon's numbers.

SEGO LILY THIMBLE CLUB.

Mrs. Emery E. Harrison will be hostess to the Segó Lily Thimble club Wednesday of this week at her apartments in the court house.

ENTERTAINS AT VIRGINIA.

Mrs. Peter D. Kline entertained last Friday afternoon at her apartments in the Virginia. The affair was a Kensington and a delightful afternoon was enjoyed by the following guests: Mesdames Ralph E. Bristol, William

A. Turner, Ambrose P. Hibbs, Edmond A. Littlefield, John N. Spargo and Pearl Reagan; Misses Mattie Wattis, Ethel Wattis, Mabel Rolapp, Cella Eccles and Daisy Kuhn.

TWO KILLED IN THEATER

Reel in Motion Picture Machine Explodes and Awful Panic Ensues

New York, Feb. 2.—A boy's cry of "fire" and the smoke from an exploded reel of a motion-picture machine in an East Side theater tonight resulted in a panic among the audience of two persons and a rush for the exits, in which two women were killed and eleven other persons so badly injured that they had to be sent to hospitals.

The panic occurred in one of the most densely populated districts of the East Side and the thousands who poured into East Houston street in front of the theater and rushed to the doors added to the confusion and to the number of injured. The two women, who have not been identified, were trampled to death in the crush of the crowd to reach the doors. The operator of the machine soon extinguished the burning film and the flames did not spread beyond the fire-proof cage in which he worked.

With the exception of rear exit door the only means of escape from the theater was through the main vestibule and it was here in a narrow passage that most of the injured were found. The two women who were killed were picked up in the main section of the theater, where they had been trampled.

Steep steps lead from the sidewalk to the theater entrance and down these hundreds fell while those behind them piled on top. Children became separated from their parents and frantic searches for friends or relatives mingled with the panic-stricken audience. It was more than an hour before it was known definitely that only two had met death.

In the panic clothes were torn from their wearers and the police gathered up a great pile of hats, coats, shoes, eyeglasses and even pocketbooks. Rings and watches were among the salvage taken to a police station for identification.

At the time the panic started fully a hundred persons were waiting in the vestibule to gain admission to the theater and as the doors burst open from within these people were caught in the rush.

Fire Commissioner Johnson arrived at the theater soon after it had been cleared. In a statement he declared that there were 800 similar places in Greater New York, where conditions are equally perilous. He said, however, that owners had complied with every ordinance governing such places.

FOUR DEAD ONE DYING

Ten in Hospitals as Result of a Sacramento Hotel Fire

Sacramento, Cal., Feb. 3.—Four persons are known to be dead, another is dying, ten are in hospitals suffering from burns or broken bones, and the search for bodies continues in the ruins of the St. Nicholas apartment house, which went up in flames while some of the guests were at breakfast this morning and others were in their rooms.

An explosion of fumes of oil which had escaped from a defective burner in the basement started the fire, which quickly enveloped the building. The dead: Miss Nora Lawrence, 47 years old, clerk for Wells Fargo Express company; body found in ruins.

Albert Fehl, 65 years old, pensioned Southern Pacific machinist; body found in ruins.

W. J. Dunn, 39 years old, local manager of the Underwood Typewriter company. Unidentified body found in the ruins.

Fatally injured: Harold Protzman, engineer; back broken; internal injuries.

Dunn and Protzman pumped from the windows, as did Charles E. Cox, minute clerk of the state assembly; R. E. Cannell, clerk of the state fish and game commission, and many others.

That nearly all of the 80 persons occupying rooms in the house were not burned to death was due to the heroic work of Miss Frances Redore and Miss Mary Courtwright, waitresses, who ran through the burn-

Independent Meat Co.

UNITED STATES INSPECTED MEATS
NO DISEASED MEATS

The only large Cash Meat Market in Ogden

ing halls, awakening every one and assisting those who were overcome by smoke. After dragging to safety Elmer Sorenson, who had collapsed with a few feet of the front entrance, Miss Redick rushed back into the burning building, aiding and directing those who had become confused. She was rescued by a fireman when she fell exhausted.

Mary Courtwright saved the little son of Mr. and Mrs. Thomas Driver by snatching him from his mother's arms. Mrs. Driver barely escaped with her life.

Dunn was an artist of considerable repute. He had drawn a number of cover designs used by magazines and the weeklies of national circulation. A brother lives in Denver.

The property loss is about \$70,000.

ROUNDUP IS A GREAT SUCCESS

Utah Agricultural College, Logan, Feb. 3.—The week just closed at the Utah Agricultural college has been without a doubt one of the busiest weeks in the history of the institution. The big farmers' roundup and housekeepers' conference, which are now in session at the college, have demonstrated beyond the possibility of a doubt that the farmers not only of Utah but of southern Idaho and western Wyoming, together with their wives, are fully alert to the many advantages offered them on an occasion of this kind. The registration shows visitors from points as far north as Pocatello, Draper, on the south, and from several of the rural settlements in central and western Wyoming.

The past week was marked by a series of discussions led by some of the most competent authorities in the west upon questions in which the farmers and housekeepers of this section are intensely interested. One of the features of the week was the unprecedented attendance of women at the housekeepers' conference. While the roundup of the past has been of importance to the farmers and agriculturists, the sessions of the housekeepers' conference, which is running contemporaneously with the roundup, are vying in interest with the sessions of the men.

The subjects discussed at the conference cover the general problems of woman's sphere and are not confined to any one line. The result has been that the women are learning that their entire effort is not to be devoted to learning how to prepare foodstuffs for the sterner sex but also to the cutting of clothing, diseases of children, labor saving devices, etc.

Many Subjects Treated.
Among the subjects discussed were economy and factors in the use of foods, talks on the housewife's flower garden, demonstrations by college experts and others, better crops of boys and girls, some phases of art in the home, demonstrations in the making and cutting of clothing, diseases of children, labor saving devices, etc.

The coming week promises to be characterized by an increased interest in attendance in both divisions of the gathering at Logan. The women's work will open today with a demonstration of the fitting of a shirt waist and skirt by Mrs. Cook of the college, and later Dr. Charles Snow, Salt Lake will talk on children's diseases. In the afternoon Professor J. C. Hognesen will talk on the "Vegetable Garden" and the remainder of the afternoon will be spent in inspecting the exhibit of electrical devices at the institution. Both of the night sessions have been adjourned to make way for the big athletic pageant that will be given in the college gymnasium.

Tuesday evening a reception will be given to the farmers and housewives by the citizens of Logan in the rooms of the Commercial Boosters club and sessions for the women will then be evening, with the exception of Tuesday evening, and the conference will come to a close Saturday night.

In the men's section the coming week is to be devoted almost entirely to the discussion of the livestock industry, by far the most important industry in the state of Utah today, representing as it does \$21,000,000 worth of farm value. Among those scheduled for talks upon this subject are Professor J. T. Caine III and W. E. Carroll of the Agricultural college; C. J. Adney of Corinne, George Hill of Ogden, J. W. Hendricks of Richmond, A. K. Riser, United States department of agriculture; William Jen-

kins, ex-governor of Oklahoma, who is now living at Trenton in this state; Willard Hansen, state dairy and food commissioner, and other well known men connected with the livestock industry of the state.

Tomorrow will be a special day for the wool growers, at which C. B. Stewart, secretary of the Utah Wool Growers association of Salt Lake City, will discuss the "Future of the Sheepman," and former State Senator John Edgell of Nephi will talk upon "The Grading, Packing and Marketing of Wool."

Speaks by Request.
Mr. Edgell is one of the largest individual shippers of wool in the intermountain country and he has been secured to give this address at the special request of the Utah Wool Growers association.

Friday will be horsemen's day at which it is estimated there will be between \$30,000 and \$40,000 worth of horses on exhibition. All of the prize winners at the recent state fair from Smithfield, Richmond, Hyrum and the other points in Cache valley will be seen upon this day and it will be without doubt one of the greatest days in the history of Utah for the local horsemen.

The final session of the roundup will be a breeders' session held on the morning of Saturday, at which Dr. Frederick and his assistants will give a demonstration in certain features of animal industry and the afternoon sessions will be turned over to the swine breeders, when Professor J. T. Caine III will talk on "Hogs for the Utah Farmer" and Edgar Merrill of Richmond will discuss "Feeding of Hogs for Profit."

The balance of the afternoon will be devoted to judging fat and breeding classes of hogs.

TRIBUTE PAID TO JOHN H. LINEHAN

The following tribute to John H. Linehan, who died January 28, is from one of his close friends:

"When hearts, whose truth was proven, Like thine, are laid in earth, There should a wreath be woven To tell the world their worth."

To pay a loving tribute to the memory of the dead is everywhere recognized as the utterance of man's best emotion. But in the great conflict of life, and especially in newly settled communities, where friendships have not been cemented by many years of affectionate fellowship, it frequently happens that such expression is not made on the death of a man who, during life, was known and appreciated as a manly man and brother Jack Linehan.

For three long years he battled with disease without murmur or complaint—but always cheerful and contented. But his powers of resistance waned with speeding days, and on Tuesday evening last, when the shades of night had barely fallen, like a tired, weary child he fell asleep and his sufferings ended with the day.

His friends were legion and many knew the nobility of his soul. For he was singularly loyal to his friends and his sympathy for the unfortunate and distressed was a personal virtue. He disliked duplicity and deceit and shams of every kind and had the courage to express his convictions, but he was not ashamed of sentiment.

"Large was his bounty and his soul serene. Generous and charitable to a marked degree, he was loved most by those who knew him best. May his soul rest in peace."

CANNERS LEAVE OGDEN TUESDAY

Nearly twenty members of the Utah Canners association, the largest delegation in the history of the organization, will leave tomorrow to attend the national convention at Louisville, Ky., February 10 to 15 inclusive. As in former years Utah will have the largest representation of all the distant states. The delegates from this state will make an effort to secure the next national convention for the west, Denver being the city looked upon as the most favorable.

According to Secretary H. L. Herrington of the state association, the

following will comprise the Utah party:

J. W. Parker, Ogden; Richard Stringham and one, Woods Cross; J. G. M. Barnes and one, Kaysville; John L. Pierce, Brigham City; James A. Anderson and two, Morgan; U. G. Miller, Murray; J. E. Callaghan and Lyman A. Ray, Salt Lake; John Russell, Roy; J. E. Wright, H. C. Adams, Ezra Richardson, R. B. Porter and H. L. Herrington, all of Ogden. E. R. Lees, general agent for the Santa Fe at Salt Lake, and W. F. Yeo, traveling passenger agent of the Pennsylvania lines, will be the railroad representatives accompanying the party through. At Kansas City the Utah party will be joined by brokers who sell the Beehive products throughout the middle west.

The party will leave this city tomorrow afternoon in a special car attached to the building train No. 2, arriving in Denver Wednesday evening. They will spend Thursday in Denver, resuming the eastward journey via the Santa Fe Thursday evening. They will arrive in Chicago Saturday morning and will spend that day and also Sunday in Chicago, continuing the journey to Louisville Monday.

MEXICAN REBELS TIRE OF FIGHTING

Mexico City, Feb. 2.—The rebels again have made overtures for peace, according to a special despatch from Chihuahua which says that an emissary from Marcelo Caravero, commanding a division of Orozco's army has brought a message to General Anolinio Rabago at that place.

LABOR NEWS OF ALL COUNTRIES

William Spencer, secretary-treasurer of the American Federation of Labor, reports that there are now 20 international organizations affiliated with the department. These represent an aggregate membership of 476,237. At the time of the preceding report the aggregate membership was but 295,345, a gain of 180,882. At the close of the year there was a balance of \$5,104 in the treasury.

Efforts will be made to organize the nonunion shoe cutters in Chicago and Milwaukee, thus increasing the scope of influence of the boot and shoe workers in what is generally called the northwest.

Labor exchanges or insurance against unemployment have been established in the following countries: Switzerland, Italy, Germany, Belgium, Holland, France, Denmark and England, leaving the United States to rank with Russia and Turkey as countries that have done nothing in this way.

Pittsburg barbers' union is to institute an active campaign for a law similar to that endorsed at the Indianapolis conference of the international organization. The law favored by the barbers is that all connected with the trade be compelled to pass an examination for a license, and only those holding the license be permitted to work.

With a view of doing away with the sweatshop side of their trade, paper box manufacturers of Philadelphia will hold a conference with the managers of the Consumers' league.

In the United States "movies" employ 80,000 persons. Complaints are heard on all sides in Paris that tomatoes, melons, cucumbers, squashes—nearly everything except potatoes—have become luxuries beyond the reach of the vast multitude of working people whose daily earnings do not exceed 80 cents or \$1.

A referendum vote taken on the question of electing officers of the Iowa State Federation by referendum vote was defeated. The socialist delegates to the Iowa State Federation for a number of years have advocated the election of the officials of the state body by referendum.

Seamen and firemen of Leith, Scotland, passed a resolution thanking the ship owners for the recent voluntary advance in wages, requesting the executive to demand a further increase in view of the prosperous shipping trade, and empowering them to call a national strike if deemed essential.

REASON WHY.

"Say, Uncle Mose, can you tell me why your people's noses are so flat?" "Spec it's cause da ain't intended to po'ke darselves in udder folks' business."

Read the Classified Ads.

MRS. WORRY—OF COURSE JOHN CAN STAND AN OPERATION

BY C. A. VOIGHT

